



Kidney-Friendly Veggie Chili

Makes 6 servings

2 tbsp canola oil

1 can low sodium pinto beans, drained and rinsed with water

1 can low sodium kidney beans, drained and rinsed with water

1 can low sodium whole kernel corn, drained and rinsed with water

14 oz can no salt added diced tomatoes

4 cups low-sodium vegetable broth

1 medium onion, diced

1 medium carrot, peeled, diced

1 green bell pepper, diced

3 cloves garlic, minced

2 tbsp chili powder

1 tbsp cumin

½ tsp cayenne pepper

½ tsp paprika

1 bay leaf

½ tsp black pepper

1 tbsp hot sauce (optional for a kick!)

**Optional toppings:
fresh cilantro and lime**

Heat large stock pot or Dutch oven over medium heat.

Drain canned beans and corn and rinse with water. Set aside.

Cut and dice onion and bell peppers. Peel and dice carrot. Peel and mince fresh garlic cloves.

Add 2 tbsp canola oil to bottom of large pot or Dutch oven. Add onions, peppers, and garlic to pot. Stir and cook for about 3-5 minutes until onions are soft.

Add canned beans, corn, diced tomatoes (don't drain the juice), vegetable broth, chili powder, cumin, cayenne pepper, paprika, black pepper, bay leaf, and hot sauce. Stir to combine.

Place lid on top of pot and let simmer for 20-25 minutes.

Once cooked, scoop into bowls and top with fresh cilantro and lime.

Enjoy!

Nutrition Facts Per Serving 1 Cup	Calories	214
	Carbohydrates	33 g
	Protein	9 g
	Total Fat	6 g
	Phosphorus	145 mg
	Potassium	536 mg
	Sodium	329 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.